AMENDMENTS TO THE CLAIMS

With respect to the original Claims of U.S. Patent No. 5,890,128, please amend the claims as indicated below:

1.   (**Previously amended**)   An interactive personal nutrition and exercise management tool computing device comprising:

(a) a hand held computer case;

(b) a standard electronic computer circuit contained within said computer case, said circuit containing at least a random access memory, a read only memory, a processor and a coprocessor;

(c) a keyboard positioned on said computer case comprising a plurality of standard keyboard buttons including alphabetical characters, numerical characters, predetermined punctuation marks, predetermined mathematical functions, space function, and shift function;

(d) a plurality of standard computer function buttons positioned on said computer case comprising data enter means to store predetermined data in [predetermined] said random access memory, activation means of predetermined computer functions, a deletion means to remove predetermined data from said random access memory, a reset means to restore predetermined random access memory locations to predetermined values, a menu access means electrically connected to said processor for retrieval of nutrition and exercise menus, a scrolling means electrically connected to said processor to look up screen viewed data in four basic directions, and a quick exit means electrically connected to said processor to initiate instant egress from computer system;

(e) a plurality of special function buttons positioned on said computer case comprising a retrieval means electrically connected to said processor to quickly access predetermined random access memory locations containing predetermined <u>user personal data,</u> weight, caloric consumption, fat consumption and caloric output data, and a toggle switch means electrically connected to said processor to start and stop predetermined exercise activity measurements;

(f) a liquid crystal display positioned on said computer case with viewing area adequate to present a plurality of graphs, charts, lists and information gathering screens stored in predetermined said random access memory locations;

(g) a receiving means in said computer case electrically connected to said processor to monitor/store signals from a plurality of exercise activity measurement transmitting devices.

2.   (**Previously amended**)   The nutrition and exercise management tool computing device of claim 1 wherein said plurality of exercise activity measurement transmitting devices <u>are</u> externally located from said computer case <u>and are</u> connected by a wireless communication means to said receiving means to transfer exercise activity data directly to said processor.

3.   (**Previously amended**)   The nutrition and exercise management tool of claim 1 wherein [a suggested weight calculation comprises;

(a)] the coprocessor [of claim 1 wherein said] <u>is configured to derive a</u> suggested weight [is derived] using <u>said</u> predetermined [said] user personal data.

4.   (**Previously amended**)   The nutrition and exercise management tool of claim 1 wherein [a total caloric output calculation comprises;

(a)] the coprocessor [of claim 1 wherein] <u>is configured to calculate a total caloric output</u> from a daily at rest caloric output, an activity caloric output and a total daily caloric output <u>which</u> are derived using <u>said</u> predetermined [said] user personal data; predetermined exercise caloric burning rates and exercise data from said plurality of exercise <u>activity measurement transmitting</u> <u>devices that are</u> [input means;

(b)] the plurality of exercise input means of claim 1 wherein the exercise input is] electrically connected to said coprocessor <u>that utilizes</u> [utilizing] an activity, timer or pulse to caloric output conversion means, said exercise calorie burning rate, and <u>said</u> predetermined [said] user personal data to derive exercise activity calories burned;

[(c)] the coprocessor and random access memory [of claim 1 wherein] <u>are configured to</u> <u>accumulate</u> said daily at rest caloric output and said exercise activities calories burned [are accumulated] to provide daily totals; <u>and said coprocessor uses</u>

[(d) the coprocessor of claim 1 wherein predetermined] said <u>predetermined</u> user personal data is used to derive the user's daily intake caloric and fat targets; <u>and</u>

[(e)] a comparison means to provide a plurality of alarm signals when said caloric and fat intake nears or exceeds the target caloric and fat values.

5.   (**Previously amended**)   The nutrition and exercise management tool of claim 1 wherein said coprocessor is configured to calculate a total caloric intake target calculation using [comprises;

(a) the coprocessor of claim 1 wherein predetermined] said predetermined user personal data, and a date started is used to derive a graduated daily intake caloric target during a predetermined adjustment period and[;

(b) the coprocessor of claim 1 wherein predetermined] said user predetermined personal data is used to derive a daily intake caloric target after said predetermined adjustment period has elapsed.

6.   (**Previously amended**)   The nutrition and exercise management tool of claim 1 wherein the coprocessor is configured to calculate a total fat intake target [calculation comprises;

(a) the coprocessor of claim 1 wherein said total fat intake target is derived] using [predetermined] said predetermined user personal data.

7.   (**Original**)   The nutrition and exercise management tool computing device of claim 1 wherein a menu driven means accesses a main menu, a setup menu, nutrition/exercise menus and a plurality of computer program functions.

8.   (**Previously amended**)   The main menu of claim 7 wherein a nutrition menu with a food list comprises;

(a) a list of predetermined food items and a list of respective calories per serving, fat content per serving and size of serving stored in predetermined random access memory locations;

(b) a food selection means connected to said processor to retrieve a food item and its respective calories and fat content per serving size; and

(c) the coprocessor and random access memory [of claim 1 wherein] are configured to accumulate the consumed food item calories and fat content [are accumulated] to provide daily totals.

9.   (**Original**)   The main menu of claim 7 wherein an exercise menu with a list of exercises comprises;

(a) a list of predetermined exercise activities and respective predetermined calorie burning rates stored in predetermined random access memory locations;

(b) an exercise selection means connected to said processor for retrieval of selected exercise activity with respective calorie burning rate;

(c) a plurality of exercise input means including said receiving means, an internal timer means and a manual means.

10.   **(Original)** The main menu of claim 7 wherein a total calories subsystem comprises;

(a) a plurality of daily and historical intake calorie, output calorie, input fat and weight charts and graphs retrieved from predetermined random access memory locations presented on said liquid crystal display on demand.

11.   **(Original)** The set up menu of claim 7 wherein a date and time subsystem comprises;

(a) a standard clock and calendar program in the computer case.

12.   **(Original)** The set up menu of claim 7 wherein a personal profile subsystem comprises;

(a) a plurality of data collection screens and random access memory locations for collecting a user's personal data including age, sex, height, weight, frame size, lifestyle, weight management goals, and present daily calorie intake.

13.   **(Original)** The set up menu of claim 7 wherein a password subsystem comprises;

(a) a plurality of password screens, said random access memory locations, and said keyboard to enter or change said password and;

(b) a comparison means to allow access to the computer system when said password matches a personal identification number entered by the user.

14.   **(Original)** The set up menu of claim 7 wherein an alarm subsystem comprises;

(a) a comparison and sound generation means electrically connected to a plurality of alarm input screens, said random access memory, the date and time clock, and said keyboard to provide predetermined audible signals and screen messages when predetermined alarm settings match actual dates and times.

15.   (**Original**) In a hand held computer having a standard alpha-numerical keyboard, a plurality of standard computer function buttons, a liquid crystal display with a plurality of lines and character spaces, a plurality of special function buttons to view caloric data and start and stop exercise activity measurement, a random access memory, a read only memory, a central processing unit, a mathematical coprocessor unit, and a plurality of programs to perform required functions, an interactive personal nutrition and exercise management tool computing device comprising;

(a) a menu driven means wherein a main menu, a setup menu, nutrition/exercise menus and said plurality of programs are used to set a password, a date and time clock, a plurality of alarms and to enter a plurality of personal data including a name, a phone number, an address, a sex, an age, a weight, a height, a frame size, a life style and a goal in said random access memory;

(b) said menu driven means wherein said nutrition/exercise menus and said plurality of programs retrieve a food item with its calories and fat content per serving or an exercise activity with its calorie burning rate from a food listing or an exercise listing in said random access memory for presentation on said liquid crystal display;

(c) a plurality of calculation means for producing personalized results including a suggested weight, a caloric input target, a fat input target, a daily at rest calorie output, a modified activity caloric value, an activity caloric output, and a total caloric output using said personal data, said exercise activity inputs, and the clock input;

(d) an accumulation means using the coprocessor and said random access memory to accrue a daily running total of the calories and fat of foods consumed, the calories burned during exercising and a daily caloric output from at rest calculations and to provide a plurality of audible alarms and a plurality of screen messages when the caloric and fat intake nears or exceeds daily said caloric target and or said fat input target;

(e) a status retrieval means for selecting and viewing a plurality of current or historical data including said caloric input, said fat input, said weight, and said caloric output from said random access memory on said liquid crystal display in the form of charts, graphs and other screens formats;

(f) an alarm means for providing a plurality of audible signals and screen messages when the clock output matches the alarm date and time stored in said random access memory;

(g) a wireless receiving means within said hand held computer electrically connected to said central processing unit in such a manner as to convert incoming signals from a plurality of existing wireless remote monitoring devices already in the market comprising of an exercise activity measurement sensor means electrically connected to a wireless transmission means into calories burned in the course of a plurality of activities;

whereby a person can view or enter from extensive food calorie/fat listings as well as personally adjusted weight targets, fat input targets, calorie input targets, and manually or automatically inputted activity calorie burning data tracked and viewed on a daily or historical basis in one compact easy to use hand held computer for the purpose of controlling body weight for personal, medical or athletic reasons.

16. **(Previously presented)** An interactive personal nutrition and exercise management tool computing device comprising:

(a) a housing sized and shaped to be held in a hand of a user;

(b) a computer processor within said housing, said computer processor operatively coupled to a memory, a user interface and a display;

(c) nutrition data for various food items stored in said memory and exercise data for various exercise activities stored in said memory;

(d) software stored in said memory, said software including a data retrieval portion and a display portion, said display portion and said data retrieval portion configured such that said user can select nutrition data for at least one of said various food items ; said display portion and said data retrieval portion also configured such that a user can select exercise data for at least one of said various exercise activities, said display portion and said data retrieval portion are configured such that said user can select said one of said various food items by navigating with said user interface and said display through a nutrition menu, said display portion and said data retrieval portion also configured such that said user can select said one of said various exercise activities by navigating with said user interface and said display through an exercise menu;

(e) said software further including an accumulation portion and a burning portion, said accumulation portion configured to calculate nutrition accumulation during a time period, based at least in part on said nutrition data selected by said user, and said burning portion configured to calculate nutrition burned during said time period, based at least in part on said exercise data selected by said user; and

(f) a receiver configured for receiving wireless information from an exercise device.

17.   **(Canceled)**

18.   **(Canceled)**

19.   **(Previously presented)**   The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said software includes a personal data portion that is configured such that said user can enter personal data with user interface and store said personal data in said memory.

20.   **(Previously presented)**   The interactive personal nutrition and exercise management tool computer device of Claim 19, wherein said nutrition output portion is further configured to calculate nutrition burned during said time period based at least in part on said personal data.

21.   **(Previously presented)**   The interactive personal nutrition and exercise management tool computer device of Claim 19, wherein said personal data includes at least said user's weight, height, and sex.

22.   **(Previously presented)**   The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said nutrition data includes a calorie content per serving of said various food items.

23.   **(Previously presented)**   The interactive personal nutrition and exercise management tool computer device of Claim 22, wherein said nutrition data includes a fat content per serving of said various food items.

24.   **(Previously presented)**   The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said nutrition data includes a fat content per serving of said various food items.

25.   (**Previously presented**)   The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said software is configured such that said user can input with said user interface a serving size of said at least one of said various food items and said serving size is used to adjust said nutritional input.

26.   (**Previously presented**)   The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said software is configured such that said user can input with said user interface an exercise time and said exercise time is used to calculate said nutritional output.

27.   (**Previously presented**)   The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said processor includes a timer and said software is configured such that said user can use said timer to determine an exercise time, and said exercise time is used to calculate said nutritional output.

28.   (**Previously presented**)   The interactive personal nutrition and exercise management tool computer device of Claim 27, wherein said user interface includes a toggle switch that is operatively coupled to said timer and configured such that said user can start and stop said timer.

29.   (**Cancelled**).

30.   (**Previously presented**)   The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said software is configured such that said user can input with said user interface an activity level of said one of said various exercise activities, said activity level used to adjust said nutrition burned.

31.   (**Previously presented**)   The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein burning portion is configured to calculate calories burned during said time period.

32.   (**Previously presented**)   The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said display portion is configured to display said nutrition accumulation for said time period in a tabular format on said display.

33. **(Previously presented)** The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said display portion is configured to display said nutrition accumulation for said time period in a graphical format on said display.

34. **(Previously presented)** The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said display portion is configured to display said nutrition burned for said time period in a tabular format on said display.

35. **(Previously presented)** The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said display portion is configured to display said nutrition burned for said time period in a graphical format on said display.

36. **(Canceled)**

37. **(Previously presented)** The interactive personal nutrition and exercise management tool computer device of Claim 16, further including an alarm and wherein said software includes an alarm portion.

38. **(Previously presented)** The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said user can program said alarm portion such that said alarm goes off when said nutrition accumulation approaches a predetermined limit.

39. **(Previously presented)** The interactive personal nutrition and exercise management tool computer device of Claim 16, wherein said exercise data includes calorie burning rates for said various exercise activities.

40. **(Previously presented)** A method for tracking nutrition consumed by a user and nutrition burned by said user with an interactive personal nutrition and exercise management tool that includes a housing, a processor located within the housing and operatively coupled to a memory, a user interface and a display, the method comprising the steps of:

storing nutritional data for various food items in said memory;

receiving a food item selection from said user for at least one food item by navigating with said user interface and said display through a nutrition menu;

retrieving said nutritional data for said food item selection;

accumulating said nutritional data for a plurality of food item selections over a time period;

storing exercise data for various exercise activities in said memory;

receiving an exercise data selection from said user for at least one exercise activity by navigating with said user interface and said display through an exercise menu;

retrieving said exercise data for said exercise data selection;

receiving additional exercise data from a wireless signal from an exercise device;

receiving and storing personal data of said user in said memory; and

calculating a nutritional burn rate over said period of time from said personal data and said exercise activity selection.

41.   **(Cancelled).**

42.   **(Cancelled).**

43.   **(Previously presented)** The method of Claim 40, wherein said step of receiving and storing said personal data includes the step of receiving and storing , at least, said user's weight, height, and sex.

44.   **(Previously presented)** The method of Claim 40, wherein said step of storing said nutritional data for various food items in said memory includes the step of storing a calorie content per serving of said various food items.

45.   **(Previously presented)** The method of Claim 44, wherein said step of storing said nutritional data for various food items in said memory includes the step of storing a fat content per serving of said various food items.

46.   **(Previously presented)** The method of Claim 40, wherein said step of storing said nutritional data for various food items in said memory includes the step of storing a fat content per serving of said various food items.

47.   **(Previously presented)** The method of Claim 40, further including the step of receiving a serving size of said food item selection.

48.   **(Previously presented)** The method of Claim 40, further including the steps of receiving an exercise time of said exercise data selection and using said exercise time to calculate said nutritional burn rate over said period of time.

49. (**Canceled**)

50. (**Previously presented**) The method of Claim 40, further including the steps of receiving an activity level of said particular exercise activity and using said activity level to adjust said nutrition burn rate.

51. (**Previously presented**) The method of Claim 40, further including the step of displaying said nutrition data that has been accumulated over said time period in a tabular format on said display.

52. (**Previously presented**) The method of Claim 40, further including the step of displaying said nutrition data that has been accumulated over said time period in a graphical format on said display.

53. (**Previously presented**) The method of Claim 40, further including the step of displaying said nutritional burn rate that has been accumulated over said time period in a tabular format on said display.

54. (**Previously presented**) The method of Claim 40, further including the step of displaying said nutritional burn rate that has been accumulated over said time period in a graphical format on said display....

55. (**Previously presented**) A method for tracking nutrition consumed by a user and nutrition burned by said user with an interactive personal nutrition and exercise management tool that includes a housing, a processor located within the housing and operatively coupled to a memory, a user interface and a display, the method comprising the steps of:

said storing nutritional data for various food items in said memory;

receiving a food item selection from said user for at least one food item by navigating with said user interface and said display through a nutrition menu;

retrieving said nutritional data for said food item selection;

accumulating said nutritional data for a plurality of food item selections over a time period;

storing exercise data for various exercise activities in said memory;

receiving an exercise data selection from said user for at least one exercise activity by navigating with said user interface and said display through an exercise menu;

retrieving said exercise data for said exercise data selection;

receiving additional exercise data from a wireless signal from an exercise device;

receiving and storing personal data of said user in said memory; and receiving a password from said user.

56-74. (**Canceled**)

75.   (**Previously presented**) The method of Claim 55, wherein said step of receiving and storing said personal data includes the step of receiving and storing , at least, said user's weight, height, and sex.

76.   (**Previously presented**) The method of Claim 55, wherein said step of storing said nutritional data for various food items in said memory includes the step of storing a calorie content per serving of said various food items.

77.   (**Previously presented**) The method of Claim 76, wherein said step of storing said nutritional data for various food items in said memory includes the step of storing a fat content per serving of said various food items.

78.   (**Previously presented**) The method of Claim 55, wherein said step of storing said nutritional data for various food items in said memory includes the step of storing a fat content per serving of said various food items.

79.   (**Previously presented**) The method of Claim 55, further including the step of receiving a serving size of said food item selection.

80.   (**Previously presented**) The method of Claim 55, further including the steps of receiving an exercise time of said exercise data selection and using said exercise time to calculate said nutritional burn rate over said period of time.

81.   (**Previously presented**) The method of Claim 55, further including the steps of receiving an activity level of said particular exercise activity and using said activity level to adjust said nutrition burn rate.

82.   (**Previously presented**) The method of Claim 55, further including the step of displaying said nutrition data that has been accumulated over said time period in a tabular format on said display.

83. **(Previously presented)** The method of Claim 55, further including the step of displaying said nutrition data that has been accumulated over said time period in a graphical format on said display.

84. **(Previously presented)** The method of Claim 55, further including the step of displaying said nutritional burn rate that has been accumulated over said time period in a tabular format on said display.

85. **(Previously presented)** The method of Claim 55, further including the step of displaying said nutritional burn rate that has been accumulated over said time period in a graphical format on said display.

86. **(Canceled)**